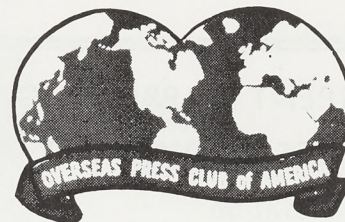


OPC BULLETIN



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TOP ARTISTS PULL OUT ALL STOPS AT 'DREAM' CONCERT

Emme Kemp, Eubie Blake, Earl "Fatha" Hines, Maxine Sullivan.

In person! Emme, ravishing in red-and-white-checked gingham cloche and gown, is toasting Eubie, Bessie Smith and Duke Ellington, inspirations for her remarkable career as pianist/composer/singer.

Now that's a dream twilight jazz concert. A dream come true July 11 under the aegis of Wilma Dobie, the Club's jazz chairman.

Emme opens with Eubie's "Memories of You." Earl Hines and Eubie join her for the final chorus. Then it's "Night People" and the 1921 Noble Sissle-Eubie Blake classic, "I'm Just Simply Full of Jazz."

Earl Hines salutes Eubie as King of Ragtime, Bessie Smith as "a true saint in the hall of jazz" and "His Highness, Duke Ellington, who gave magic to the world of jazz." Hines reminds us that Louis Armstrong said of Emme Kemp, "She sends me!" Thunderous applause. She sends us all!

Marion (Mrs. Eubie) Blake takes a bow from Emme, before Emme gives us Eubie's 1935 "It Ain't Being Done No More." After two Emme Kemp originals ("Tomorrow's Woman" and "Harlem Makes You Feel!"), Emme does Bessie Smith's timeless, ageless "Nobody Knows You When You're Down and Out" and a lovely, wordless "Sentimental Journey" ("You don't need words, hearing Bessie Smith," says Emme) and Eubie's loved "Baltimore Rag."

Emme introduces Overseas Jazz Club friends Katherine Handy, Sam Wooding, Rae Harris and Clyde Bernhardt. It is Bernhardt's 70th birthday. Eubie, of course, celebrated his 89th birthday with an OPC concert and is now a mere 92.

"Bubbling Brown Sugar" is the title song from Emme's new Broadway-bound musical. Emme lets us have it, on piano.

And now Maxine Sullivan joins
(Continued on page 3)

BENEFIT JAZZ CONCERT TO OPEN FOUNDATION FUND DRIVE, OCT. 2



MAXINE SULLIVAN and Earl "Fatha" Hines, two jazz greats, as they appeared at the July 11 "dream" jazz concert at the OPC.



EUBIE BLAKE was recounting at this point how he had threatened "to cane" Earl Hines; if he didn't get out of Pittsburgh. Earl (left) got out of Pittsburgh without the caning....easy rider styleyou know well, Earl would have, too, but let Eubie have his way because nobody would like a caning from him...even at 92.

BLUE CROSS/BLUE SHIELD

The ability of the OPC to provide Blue Cross/Blue Shield coverage is dependent on prompt payment of subscription fees by members. The payment dates are: February 21, May 21, August 21, November 21.

Earl "Fatha" Hines, "Hall of Fame" legendary jazz pianist and honorary president of the Overseas Jazz Club will headline the "Keyboard Genius" jazz concert to benefit the Overseas Press Club Foundation's fund-raising drive to be launched Thursday, October 2, 8 p.m., in the Grand Ballroom of the Hotel Biltmore.

The tax deductible tickets for the event are \$5.00 per person and are available in advance by check mailed to OPC headquarters in a self-addressed return envelope or they may be purchased at the door for \$7.50.

Seating will be on a first-come basis with the exception of a select number of private tables available at \$100 each. Arrangements for these tables should be made in advance and reservations cleared with Mary Novick, club secretary. There will be a cash bar.

Members are urged to assist in the advance ticket sale and to solicit private and corporate donations. The revitalized Overseas Press Club Foundation is a tax-free arm of the Club and is under the chairmanship of Dr. Austin Smith. Its objectives are to support the professional and cultural activities of the Club.

"Fatha" Hines who has served as Honorary President of the Overseas Jazz Club since its founding in 1970 has invited the First Lady of the Jazz Piano, Mary Lou Williams, who performed notably on two distinguished OPC jazz bills — one of which received a Grammy Award — and Teddy Wilson, a giant of the jazz piano, to share the "Keyboard Genius" program.

Hines, who recently hosted the Jazz Club's final program of the season, Emme Kemp and her "Toast to a Trio of Jazz Inspirations," announced to the audience on that occasion: "I look forward to returning in the fall to launch the Overseas Press Club Foundation's benefit in October. I believe the international art form of jazz serves the ideals and identifies with the aims of the Foundation in world communications, understanding, and exchange."

Wilma Dobie, jazz committee chair-

(Continued on page 3)

TIME SPENT IMPROVING CARDIOVASCULAR FITNESS SLOWS THE AGING PROCESS

By JACK GALUB

After looking at the major medical insurance claim rate, it is not too difficult to decide that OPC members aren't in top form.

Although it is impossible to turn back the years, there is research indicating that time spent improving cardiovascular fitness slows the aging process in addition to other benefits.

Among them, a slower heart beat rate, an increase in your heart's ability to supply blood and oxygen to your body, an improvement in the efficiency of your respiratory muscles and a more rapid return to pre-exercise levels of heart beat rate and blood pressure after exertion.

These changes can take place with almost anyone at any age. All that differs with age is the way you might go about reaching these goals — fast walking, stationary bicycle riding, jogging, swimming, rope jumping.

And all it takes, as Dr. Per-Olaf Astrand, the Swedish authority points out, is the investment of some 2,000 extra heartbeats or so a day. They can save your heart some 10,000 to 20,000 beats a day, about 3.5 to 7 million a year.

Unfortunately, too many sedentary women and men who in the past decided to round into shape generally tried to do too much too quickly, and injured themselves. But if you follow an exercise prescription written specially to match your age and fitness level, the danger of injuring yourself is minimized.

The writing of exercise prescriptions is based on exercise stress tests given either on an electrically driven treadmill or a bicycle ergometer. By tilting the treadmill or increasing the tension on the bicycle, you are made to "climb a hill," causing your heart to work harder to meet the stress put on it. All the while you are linked to an electrocardiograph, monitored by an oscilloscope, and blood pressure and oxygen handling readings are taken. The test takes you up to 85 percent of your age-related maximum heart beat rate.

At age 20, the maximum heart beat rate is 200 and from then on it decreases about one beat per minute each year. At age 25, it is 195; at 35, 185; at 45, 179; at 55, 171; at 60, 168; and at 70, 160.

The ECG tapes and other readings are analyzed by a cardiologist and exercise physiologist to determine

your level of fitness and the intensity of the cardiovascular program you should follow. The analysis of the tapes can also bring to light undetected heart ailments which if not treated can result in heart attacks. One recent testing of a group of 12 executives resulted in four such findings.

The exercise program that is written generally causes your heart to work for 15 to 20 minutes three to four times a week at specified target levels. Usually 75 to 85 percent of your maximum heart rate. Each session is divided into three major segments: warm-up, stimulus and cool-down.

In my free-lance writing, I've used Cardio-Metrics, Inc.'s expertise in this field as a resource. C-M has what I believe is a particularly safe and effective approach to cardiovascular training. Instead of having you chase a brownie point chart, you use your own pulse rate as a guide to make sure you are not under- or over-stressing your heart and body.

They also use the interval training concept — stress off/stress on/stress off — to ease you into your workouts. Sort of persuades rusty joints to start moving again.

I've arranged an OPC group rate (members as well as their families) with C-M for anyone interested. Usual rate for a full test — an at-rest ECG, stress test, exercise prescription writing and orientation — is \$145. The OPC rate is \$120.

C-M is at 295 Madison Avenue, New York City. Phone: (212) 889-6123. If you are interested, call and identify yourself as an OPC member.

Report from...

HONG KONG

In Hong Kong, the Foreign Correspondents Club elected Keith Kay of CBS News as president for the year starting May 28th. He succeeded Al Kaff of UPI.

Other new officers include Bert Okuley, UPI, first vice president; P. Viswa Nathan, Hong Kong Standard, second vice president; and governors Harold Ellithorpe, Newsweek; Sydney Liu, Newsweek; Edward Wu, Baltimore Sun; Jack Worth, NBC News; Arnold Abrams, Asia Magazine; Takayuki Izumi, Kyodo News Service; Frank Beatty, UPI; Bruce Maxwell, South China Morning Post; Norman Williams, First National City Bank; Ronald Ling, McCann-Erickson, and G. C. Morgan, Hong Kong and Shanghai Bank.

LETTERS

A MAN TO REMEMBER

To the Members of the OPC:

July 2, 1975 was probably the most memorable night of my life.

To be honored as I was that night by the members of the OPC left me limp with joy. To thank each of you personally would be a very big task, so I'm taking this route to you all.

Special thanks must go to Jim Wessel, Ed Cunningham and to all who were responsible for that grand evening as well as to the Bulletin for the stories about my 20th anniversary with the club.

I owe so much to so many, but especially to the staff of the OPC, Fay Adler, Mary Novick and Tony Muraco for their service and cooperation these many years. God bless to all.

Jimmy Menditto
Club Manager

GREMLINS NOTED

This is a "letter to the editor" to correct the story which appeared under my byline recently, listing the names of the journalists elected to the Deadline Club Hall of Fame.

Gremlins in the composing room caused the first two names to be dropped from this auspicious listing. They are Carl Ackerman, who was Dean of Columbia University, Graduate School of Journalism and co-founder of the American Press Institute, and Hugh Baillie, United Press International executive.

— Russell C. Tornabene

SCREENING

OPC members are invited to a private screening of Paramount's "Three for the Condor," a story about the CIA, starring Robert Redford and Faye Dunaway on Thursday evening, Sept. 11.

It will be shown in the 29th floor, 70-seat projection room in the plush Paramount studios at No. 1 Gulf and Western Plaza at Columbus Circle.

Due to the limited seating capacity there will be two screenings, at 6 and 8:30 p.m. However, each member may bring one guest; more, if seats are available.

Names of guests must be submitted to Miss Mary Novick as there will be a security check at the door.

This will be the first in a series of movie firsts arranged by the Cinema Committee headed by Hester Hensell through the courtesy of Charles Glenn, first president of Paramount.

BENEFIT

CONCERT . . .

(Continued from page 1)

man and Foundation trustee member, will chair the event. In addition to assistance from fellow officers and trustee members, she will be aided by jazz committee members and George E. Burns, chairman, OPC P.R. committee.



The two stars of the season's final jazz program: Emmie Kemp and Eubie Blake.

TOP ARTISTS . . . (Continued from page 1)

Earl Hines (Sullivan and Hines are honorary co-chairmen of the Overseas Jazz Club) in the best "One Hundred Years From Today" that anybody is likely to hear anywhere, ever. Ditto, "St. Louis Blues." Incomparable piano, incomparable voice.

Eubie at the piano. Rag interspersed with "Rustles of Spring," "Mighty Lak a Rose" and "Rhapsody in Blue." A tour de force. Day by day, in every way, Eubie gets better and better. Now Eubie is loose on "The Beguine," "Bagoo," chants Emmie.

There's Charlie McGee coming up

the aisle with his horn, serenading Eubie with "Memories of You." And Homer Handy Lewis singing more "Memories of You."

Crescendo! Duke Ellington's "A-Train"! An aggressive, driving, brilliant "A-Train," John Cotter, piano, Jimmie Wright, tenor sax, Bob Bushnell, electronic bass, and our old friend Gene Borst, drums. Out of sight.

"Sunny Side of the Street" and a final, full-panoplied "Bubbling Brown Sugar" and the evening bubbles over, performers and audience exhilarated with shared delight.

— Ruth Biemiller

GEROLD FRANK GIVES NEW PERSPECTIVE ON JUDY GARLAND IN BOOK NIGHT CHAT

Judy Garland was always on stage whether she was on stage or off stage . . . all the stories of her being exploited and other bizarre happenings in her life were a melange of half truths . . . her heights were higher than those of others and her depths were lower than those of others . . . nine times out of ten her publicized attempts at suicide were contrived. She never took an overdose of pills unless someone else was in the room.

These and other facets of the late actress-singer were disclosed by Gerold Frank, author of the best seller, "Judy," at the July 24 Book Night at the OPC. President Jack Raymond welcomed the audience and Vice President—Book Night Chairman Anita Diamant Berke presented the speaker.

It is a tribute to Frank that he gave his listeners a new and fascinating perspective of the eternal waif with the heart-breaking voice and big eyes. He spoke feelingly of her gambits without adulation but with amusing candor. The many published legends about her — many of which

she invented — made her appear like a kook.

Frank, who also wrote books about Lillian Roth, Diana Barrymore and Sheila Graham, knew her well but it was only after she died that he started gathering this material in interviews with her children, husbands, doctors, relatives and directors.

"Judy was a great raconteur and she made up a lot of stories about herself," Frank said. It was sometimes difficult to separate fact from fiction, but there was no doubting her prodigious talents. One of them was her uncanny sensitivity to other people.

One of the many touching stories he told was about the time she phoned President Kennedy at the White House — on an impulse. After some chit-chat the president asked her to sing "Over the Rainbow." She sang her trademark song on many occasions after that, all on the phone, until his tragic death.

Frank made no secret of his devotion to Judy Garland.

"I would have done anything for Judy," he said. He held his audience in rapt attention throughout.

— Ralph Salazar

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OPC OFFICE: 687-2430.

Open from 9 a.m. to 5 p.m.

* * *

BAR: 687-7000, ext. 485.

Open from 12 noon to 10 p.m.

Happy Hour from 5 to 7 p.m.

* * *

DINING ROOM: 687-7000, ext. 486

Lunch from 12 noon to 2 p.m.

Sandwiches from 5 to 8 p.m.

EAT, DRINK WITH US AT OPC!



OPC BULLETIN

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Bulletin Committee

Harry Welker, Chairman and Editor: Matt Bassity, Jay Brennan, Bob Sheridan, Ralph Leviton, Grace Naismith, Ralph Salazar, Ruth Biemiller, Thomas J. Kraner, George Burns, H.D. Quigg, Jr.

WhoWhatWhere

By GRACE NAISMITH

BROADCASTING: Robert Farr recently on the Today Show, Leon Levis Show, Long John Nebel Show and the Ruth Jacobs Show — in connection with his new book, "The Electronic Criminals," published by McGraw Hill.

LECTURING: Jerry Robinson June 17th at the Bronx Museum of the Arts on the history of the comic Strip. His exhibit, "80 Years of the Comics" was at the Museum through June 29th ... **Isabella Taves** at the Mercantile Library with speaker, Mary Harris, discussing "The Prime of Ms. America." (For those who do not know the Mercantile Library, Isabella recommends this non-profit library to all writers, especially from the OPC.) Her new book, "No Feast Lasts Forever," a co-authored autobiography of Mrs. Wellington Koo, Quadrangle, will be a publishing event in September.

PUBLISHING: Ruth Hagy Brod has a new book out — "Edgar Cayce Handbook for Health through Drugless Therapy." Published by Macmillan, agented by OPC V-P, **Anita Diamant Berke**.

NEW LOOK: Alex Tassons, elected vice-president, Republic Automotive Parts, Inc. Tassos, his wife, Ida and two children will move from Weston, Conn. to Grosse Pointe Shores, Mich.

CAR ACCIDENT: Victor Lawn, 82, former OPC member and N.Y. Times writer, of Rockport, Mass. and his wife, Fritz, were injured, in an automobile accident recently. Mrs. Lawn is in Mass. General Hospital, Boston, critically injured.

"BEHIND THE LINE", WNET/13's journalism program hosted by former OPC member, Harrison E. Salisbury and until retirement last year a New York Times editor, has been presented to ten top journalism schools in the U.S. in videocassettes — through a grant from International Business Machines.

TRAVELERS: Jack Frummer is out West, attending the opening of the Central City Opera—"Don Giovanni"—and several operas at the Santa Fe Opera.

CLASSIFIED ADS

VICTIM NEEDS GHOST — \$400.00 fee and full partnership for a writer-colaborator to rewrite and reshape three published books and one manuscript into a screenplay or book. Five hours reading required. It is a true history of persecution by the Queens or Nassau Mafia family. Story is eight years old. Please reply by writing **JOHN PUOPLO**, 1839 Norman Street, Ridgewood, Queens New York 11227.

CALENDAR

Tuesday, August 12, 5:30-7 p.m. — Cocktails At Home with Jean Bach, producer of the Arlene Francis Show on WOR and former Chicago newspaper person.

Sunday, August 31 to Monday, September 15 — OPC-sponsored trip to Europe. Reservations a must by August 7.

Monday, September 1 — Club offices and bar closed for Labor Day holiday.

Thursday, September 4, 5:30-7 p.m. — Talking Shop with Terence Smith, Bureau Chief for The New York Times in Jerusalem.

Tuesday, September 9, 5:30-7 p.m. — Talking Shop with Filmmaker Eleanor Terry.

Thursday, September 11 — private screening at 6 and 8:30 p.m. of "Three for the Condor," at Paramount studios, No. 1 Gulf and Western Plaza at Columbus Circle.

Monday, September 22, 5:30-7 p.m. — Talking Shop with Patricia Carbine, Publisher and Editor in Chief, Ms Magazine.

Thursday, October 2 — Gala OPC Jazz Night, Biltmore Grand Ballroom. Special benefit for the OPC Foundation.

RESERVATIONS: Please call Mary Novick, 687-2430. Reservation cancellations must reach the OPC 24 hours before the event, otherwise members will be charged the announced fee.

Memorial Service

A memorial service by his friends and colleagues at AP and NBC will be conducted in the OPC Dining Room on Monday, August 11, at 5:30 p.m. for the late Morgan Beatty, news analyst who worked for the organizations over a period of almost 40 years. Beatty's widow, Katy, will come from their retirement home in Antigua to attend the service. All his OPC friends are invited to attend.

Wherever

...you're stationed around the world, Bache probably has an office there — or in a city nearby.

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Don't hesitate to contact them — or contact me — Henry Gellermann, First Vice President — in New York City at (212) 791-3826.

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